

# Episode 228 - Cicero's OTNOTG - 03 - Velleius Asks "What Woke The Gods To Create The World?"

Post by "Godfrey" of May 27, 2024 at 6:52 PM

## [Quote from Bryan](#)

Living beings that are able to preserve themselves in the manner similar to a god -- but struggle or fail to do so -- no longer fit our anticipation of gods (and therefore are not properly considered to be gods).

I find this statement quite illuminating. We can't exactly preserve ourselves in the manner of gods, but we do have access to remarkable medical advances and a plethora of lifestyle advice (diet, exercise, sleep, stress...) I often struggle to maintain a "healthy" lifestyle which perhaps, beyond a certain point, can be counterproductive. Every so often someone dies relatively young, and their friends say "but they were so health conscious!"

So this quote is valuable to think about so that I/we don't lose sight of the proper goal as spelled out by Epicurus. And it's similarly valuable in thinking about our choices and avoidances.